



3 TO 4  
SERVINGS



La Tablée des Chefs

# Tuna Bechamel Sauce on Crispy Toast

## Ingredients

### CRISPY TOAST\*

- 🏠 6 to 8 slices of bread
- 🏠 1 tbsp (15 ml) oil\*

### SAUCE

- 👑 4 tbsp (60 ml) butter
- 👑 ½ chopped onion
- 👑 1 carrot, diced finely
- 🏠 ½ cup (125 ml) water
- 👑 3 tbsp (45 mL) all-purpose flour
- 👑 2 ½ cups (625 mL) unsweetened soy beverage
- 🏠 1 cup (250 mL) frozen green peas (or other pre-cooked vegetables\*)
- 👑 1 can of 170 g of tuna, drained
- 🏠 Salt and pepper to taste

## YOU WILL NEED

- ★ bowl (small)
- ★ can opener
- ★ cutting board
- ★ knives
- ★ 12 muffins tin
- ★ saucepan (medium)
- ★ set of measuring cups
- ★ set of measuring spoons
- ★ whisk
- ★ wooden spoon

## SUGGESTED ALTERNATIVES

- \*CRISPY TOAST → *vol-au-vent*, pasta, rice or potato
- \*OIL → melted butter or margarine
- \*SOY BEVERAGE → cow's milk or other unsweetened plant-based milk
- \*VEGETABLES → cauliflower, broccoli, mushroom, bell pepper, zucchini, etc.

# continuation of the recipe

## Preparation

### CRISPY TOAST\*

- 1 Preheat oven to 375 °F.
- 2 Oil 6 to 8 muffin tins.
- 3 Press a slice of bread into the bottom of each muffin tin to form a small bowl.
- 4 Bake for 15 to 20 minutes or until the bread is golden brown and crisp.

### SAUCE

- 5 Melt **1 tbsp of butter** in a saucepan over medium heat.
- 6 Sweat the onion and carrots for a few minutes.
- 7 Add ½ cup of water, bring to a boil over high heat and cook until water is evaporated. Carrots should be cooked. If not, repeat step 7.
- 8 Put the vegetables into a bowl, set aside.
- 9 Use the same saucepan and melt **3 tbsp butter** over medium heat.
- 10 Add the flour and cook for 2 minutes, stirring constantly with a wooden spoon. The flour should not turn color.
- 11 Gently pour in the soy beverage, stirring vigorously with a whisk.
- 12 Bring to a boil over medium-high heat and stir constantly to prevent the mixture from sticking to the bottom of the pan.
- 13 Reduce heat and cook for 3 to 4 minutes, stirring constantly.
- 14 Add the onion and carrot, your choice of vegetables, and the tuna. Season with salt and pepper and mix gently. Cook for 2 minutes.
- 15 Adjust seasoning and serve on a crispy toast\*.

**Store in the refrigerator what is left from the soy beverage for the Mini Sweet Potato Pancakes recipe.**

## CHEF'S TIPS

- ➔ CUSTOMIZE YOUR SAUCE WITH HERBS AND CONDIMENT (FINE HERBS, SPICES, DIJON MUSTARD, PARMESAN, CAPERS, GARLIC POWDER, CURRY, ETC.) !
- ➔ YOU CAN REPLACE THE TUNA WITH CHICKEN, SHRIMP OR ANOTHER PROTEIN FOOD OF YOUR CHOICE.